

STATE HEALTH BENEFIT PLAN NON-TOBACCO USERS SURCHARGE WAIVER POLICY FOR PLAN YEAR 2006

Effective immediately, the State Health Benefit Plan (SHBP) is implementing a policy for non-tobacco users who wish to have the tobacco surcharge removed. Members now have the opportunity to have their tobacco surcharge removed by completion of a wellness requirement. Members will need to answer a Health Assessment Questionnaire and access wellness information on their Health Plan's website.

Specific instructions for accessing the Health Assessment Questionnaire and wellness information are attached. Members will need to access the website offered by the Health Plan Option in which they are enrolled.

Members who have not used tobacco products in the past 12 months and complete this program will have the tobacco surcharge removed from future premium payments for this Plan Year.

Upon completion of the wellness requirement, you should obtain the Non-Tobacco User's Affidavit Form available online at www.dch.georgia.gov. Once you have read and signed the affidavit, you must submit it to your payroll location/benefit coordinator for submission to the SHBP.

INSTRUCTIONS ON HOW TO ACCESS THE HEALTH RISK ASSESSMENT

BlueChoice – Click on www.bcbsga.com. 1. Click “Members” and “Login” or click “Register Now” for first time users. 2. From Main Menu, “Click Here for WebMD Health and Wellness Information”. 3. Register through WebMD if you are a new user. 4. If you are a Returning User, enter Username, Password and click “go”. 5. Under Health Tools, click on “Health Assessment”. 6. Click on “Take Assessment”. 7. Select button under “Who are you taking this assessment for?”. 8. Click on “submit” and complete the assessment. 9. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

UnitedHealthcare – Click on www.myuhc.com. 1. Click on “Site Login” and enter Username and Password or “Need a user name and password” if a first time user. 2. Click on “Health Topics and Tools”. 3. Click on “Assess and Improve your Health”. 4. Click on “Launch Health Assessment and Improvement”. 5. Click on “Health Assessment”. 6. Click “I Accept Terms and Conditions” for the Privacy Statement. 7. Click on “Complete Health Assessment” and answer questions. 8. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

Kaiser Permanente – Click on www.kaiserpermanente.org. 1. Click on “Thrive with Kaiser Permanente”. 2. Click on “Healthy lifestyle programs”. 3. Click on “Get a personalized total health assessment”. 4. Click “Continue”. 5. Click on “Been here before?” or “New to this site?” If answering New, you must enter “Your Health/Medical Record Number” and “Select the area in which you are a Kaiser Permanente member” Answer - Georgia. 6. Click on “Health Assessment”. 7. Complete Health Assessment. 8. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

Cigna – Click on www.mycigna.com. 1. Click on “Register Now” if not registered and follow instructions, otherwise enter User ID and Password. 2. Click “I Agree” to the Secure Site User’s Agreement. 3. Click on “Health Resources/WebMD”. 4. Click on the “Health Risk Assessment” under WebMD Health Tools and Resources. 5. Click on “Take Assessment”. 6. Select button under “Who are

you taking this assessment for?” 7. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

Definity - Click on www.myuhc.com. 1. Click on “Site Login” and enter Username and Password or “Need a user name and password” if a first time user. 2. Click on “Health Topics and Tools” . 3. Click on “Assess and Improve your Health”. 4. Click on “Launch Health Assessment and Improvement”. 5. Click on “Health Assessment”. 6. Click “I Accept Terms and Conditions” for the Privacy Statement. 7. Click on “Complete Health Assessment” and answer questions. 8. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

Lumenos – Click on www.lumenos.com. 1. Click on “Log In: I am enrolled” or “I want to learn more”. 2. Enter Username and Password or follow directions to create Username and Password. 3. Click on “My e-Checkup” under Welcome and your name. 4. Complete “My e-Checkup”. 5. **In addition to completion of the e-Checkup, you must download and review information from any wellness topic of interest.**

If you have trouble with the Health Assessment or Wellness Information, please contact the Customer Service Unit of your Health Plan Option.

| Name | Telephone # |
|-----------------------------|--------------------|
| BlueChoice HMO | 800-464-1367 |
| Cigna HMO | 800-564-7642 |
| Kaiser Permanente | 800-611-1811 |
| Lumenos | 866-835-6863 |
| United Healthcare: | |
| HMO | 866-527-9599 |
| PPO/Indemnity | 877-246-4189 |
| High Deductible Health Plan | 877-246-4195 |
| Definity | 877-246-4195 |